

## **ABSTRACT OF THE DISCLOSURE**

A spring hinge for spectacles having a center piece and side pieces (27) fitted pivotably thereto is proposed, having a spring element (11) cooperating with said side pieces, a housing (3) having a recess (5) receiving the hinge element (7) and the spring element (11), within which housing the hinge element (7) is displaceably disposed, and having a locking body (13) disposed in the recess (5), the locking body (13) having a receiving region (17) and the housing having a deformation region (19) which is displaceable into the receiving region (17). The spring hinge is characterized in that the receiving region (17) is configured such that the locking body (13), and hence the hinge element (7), is prevented from being twisted and from being pulled out of the recess (5).